

**HEALTH FOOD****Publication number:** JP2002125618 (A)**Publication date:** 2002-05-08**Inventor(s):** WAKATSUKI KATSUYUKI; TEIKA TAMIKO**Applicant(s):** WAKATSUKI KATSUYUKI; TEIKA TAMIKO**Classification:****- international:** **A23L1/30; A23D9/007; A23L1/327; A23L1/30; A23D9/007; A23L1/327;** (IPC1-7): A23L1/30; A23D9/007; A23L1/327**- European:****Application number:** JP20000330481 20001030**Priority number(s):** JP20000330481 20001030**Abstract of JP 2002125618 (A)**

**PROBLEM TO BE SOLVED:** To provide a health food containing a large amount of DPA (docosapentaenoic acid) besides DHA(docosahexaenoic acid) and EPA(eicosapentaenoic acid) which are each a n-3 based highly unsaturated fatty acid. **SOLUTION:** This health food has an ocean sunfish cod-liver oil as the main ingredient and is obtained by filling an oil and fat ingredient obtained by adding an antioxidant such as vitamin E to the cod-liver oil in an encapsulating material such as a gelatin capsule.

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Inventors and Applicants: Katsuyuki Wakatsuki and Tamiko Teika

Title: Health Food

Claims:

1. A health food having a cod-liver oil extracted from ocean sunfish as a main ingredient, said health food is obtained by filling oil and fat in which the cod-liver oil includes an antioxidant into an encapsulating material.

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Detailed Description of the Invention

[0001]

The present invention relates to a health food which has a good physiological and pharmacological effects, said health food containing a large amount of DPA (docosapentaenoic acid) in addition to EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) which are highly unsaturated n-3 type fatty acid.

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[0009]

[Means for solving the problems]

The health food according to the present invention is characterized in cod-liver oil as the main ingredient extracted from ocean sunfish, and being obtained by filling oil and fat in which the cod-liver oil includes an antioxidant into an encapsulating material. The antioxidant is vitamin E and the like. The encapsulating material is, for example, gelatin, glycerol and the like. The cod-liver oil is encapsulated into capsules of the encapsulating material.

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